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Olympic Wushu Curriculum Overview

Wushu, as included in the 2026 Dakar Youth Olympic Games, is structured around both *taolu* (forms) and *sanda* (sparring), but the Olympic program focuses specifically on *taolu* events. The events are:

- Men's and Women's Changquan Combined (Changquan & Gunshu)
- Men's and Women's Taijiquan Combined (Taijiquan & Taijishan)[1]

The curriculum, syllabus, and training for Olympic wushu are guided by the International Wushu Federation (IWUF) rules and competition standards.

Syllabus and Forms

Core Taolu Events:

- *Changquan* (Long Fist)
- *Gunshu* (Staff)
- *Taijiquan* (Tai Chi Fist)
- *Taijishan* (Tai Chi Fan)[1]

Routine Content Requirements:
Each form or routine (*taolu*) must include specific technical elements, such as:

- Required stances (e.g., bow stance, horse stance, empty stance)
- Hand techniques (fist, palm, claw)
- Leg techniques (kicks, sweeps)
- Balance and flexibility movements
- Weapon-specific techniques for staff and fan routines[2]

For example, Changquan routines must include a variety of stances, kicks, jumps, and balance techniques, while Taijiquan emphasizes fluid, balanced movements and specific fan or hand techniques[2].

Judging Criteria:

- Quality of movements (5 points)
- Degree of difficulty (*nandu*, 2 points)
- Overall performance (3 points)[3]

Exercises and Drills

General Training Structure:
A typical wushu training session includes[4] [5]:

- Warm-up (5–10 minutes)
- Stretching (dynamic and static, 5–10 minutes)
- Basic kicks and sweeps
- Jumps (flying front kick, whirlwind kick, lotus kick, butterfly kick, etc.)
- Hand form and weapon form practice
- Conditioning (strength, endurance, plyometrics)
- Cool down and flexibility work

Sample Drills:

- Stance holding (e.g., horse stance for 2+ minutes)
- Kick repetitions (front, side, roundhouse, tornado)
- Jump technique drills (height, speed, and landing control)
- Weapon handling patterns (staff swings, thrusts, and spins)
- Form sections practiced repeatedly for precision and flow

Flexibility & Conditioning:

- Daily stretching routines (splits, waist, shoulders)
- Running (short daily runs, longer runs monthly)
- Strength exercises (squats, lunges, push-ups, core work)[4] [5]

Example Beginner Routine

- **3–5 hours per week**
- Focus on basic technique, endurance, and flexibility
- Warm-up, stretch, practice basic kicks and jumps
- 20 minutes per session on forms
- Incorporate basic gymnastics for body control
- Run before each session and once monthly for distance[4]

Additional Notes

- The IWUF provides official instructional videos, especially for new Olympic events like Taijishan, to help athletes and coaches align with competition standards[1].
- The curriculum is designed to balance athletic performance, technical skill, and artistic expression.

Summary Table: Key Elements

Component	Details
Events	Changquan, Gunshu, Taijiquan, Taijishan
Forms	Must include specific stances, kicks, jumps, and weapon techniques
Exercises	Warm-up, stretching, basic kicks, jumps, form practice, conditioning
Drills	Stance holding, kick/jump drills, weapon patterns, flexibility training
Judging	Quality (5 pts), Difficulty (2 pts), Performance (3 pts)

For the most current and detailed requirements, refer to the IWUF's official competition rules and instructional materials[1] [2].

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Olympic Wushu Forms

Olympic wushu forms refer to the *taolu* routines performed in competition, which are choreographed sequences of martial arts movements that showcase an athlete's technical skill, athleticism, and artistry. These routines are a core component of sport wushu at the Olympic level.

Key Features of Olympic Wushu Forms (*Taolu*)

- **Structure:** Each *taolu* is a set routine comprised of continuously connected, pre-determined techniques. These include hand and leg techniques, jumps, sweeps, stances, footwork, seizing, throwing, wrestling, and balancing movements[6].
- **Purpose:** The routines are designed to demonstrate both the stylistic principles of attack and defense and the athletic strengths of the competitor[6].
- **Types:** Olympic wushu forms include both barehanded and weapon routines. Common Olympic events feature:
  - Changquan (Long Fist)
  - Nanquan (Southern Fist)
  - Taijiquan (Tai Chi Fist)
  - Jianshu (Straight Sword)
  - Daoshu (Broadsword)
  - Qiangshu (Spear)
  - Gunshu (Staff)
  - Nandao (Southern Broadsword)
  - Nangun (Southern Staff)[7] [8] [9]

- **Competition Area:** Individual taolu routines are performed on a 14m x 8m carpet, while group routines use a larger area[6] [7].
- **Judging:** Routines are evaluated on:
  - Quality of movements (5 points)
  - Degree of difficulty (*nandu*, 2 points)
  - Overall performance (3 points)[8]
- **Routine Types:** There are optional (self-choreographed) and compulsory (standardized) routines. At the highest level, athletes perform optional routines with required difficulty elements[8].
- **Music:** Some routines, especially group events, may be accompanied by instrumental music (no lyrics)[7].
- **Time Limits:** For most events, routines must last at least 1 minute 20 seconds (or 1 minute 10 seconds for youth); Taijiquan routines are longer (3–6 minutes)[7].

Summary Table: Olympic Wushu Forms

Event Type	Description	Duration	Judging Criteria
Changquan	Long Fist, dynamic, acrobatic	≥1:20 (adults)	Quality, Difficulty, Performance
Nanquan	Southern Fist, powerful, stable	≥1:20 (adults)	Quality, Difficulty, Performance
Taijiquan	Tai Chi, flowing, balanced	3–6 minutes	Quality, Difficulty, Performance
Jianshu	Straight Sword, agile, precise	≥1:20 (adults)	Quality, Difficulty, Performance
Daoshu	Broadsword, fast, circular	≥1:20 (adults)	Quality, Difficulty, Performance
Qiangshu	Spear, flexible, swift	≥1:20 (adults)	Quality, Difficulty, Performance
Gunshu	Staff, spinning, powerful	≥1:20 (adults)	Quality, Difficulty, Performance
Nandao	Southern Broadsword, strong, rooted	≥1:20 (adults)	Quality, Difficulty, Performance
Nangun	Southern Staff, stable, forceful	≥1:20 (adults)	Quality, Difficulty, Performance

Additional Details

- Dual (*duilian*) and group (*jiti*) forms are also part of some competitions, requiring synchronization and, in the case of dual forms, simulated sparring[8].
- Athletes must register their chosen degree of difficulty elements before the competition[7] [10].
- All routines must adhere to strict dress codes and equipment standards[7] [11].

For more details and the most up-to-date regulations, refer to the International Wushu Federation (IWUF) official guidelines and competition rules[6] [7] [8].

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1. https://www.iwuf.org/en/competitions/2026wtvc/index.html

2. https://iwuf.org/wp-content/uploads/2019/03/Wushu-Taolu-Competition-Rules-Judging-Methods-Excerpt.pdf
3. https://en.wikipedia.org/wiki/Wushu_(sport)
4. https://www.scribd.com/document/418962498/Wushu-Training-Routines-docx
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